



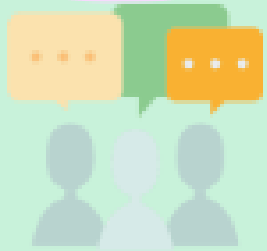
Wakefield & District Carer Voice Network Newsletter

January 2026

Information Library Sessions

DROP-IN INFORMATION SESSIONS
FOR UNPAID CARERS

DROP
IN FOR
A CHAT!



Carer Information Sessions



FOR MORE INFORMATION, CONTACT
EMMANEWTON@WAKEFIELD.GOV.UK



*CHAT TO A
SOCIAL WORKER
FOR HELP &
ADVICE

NEW

**Information &
Wellbeing Sessions for
Carers**

Pop into one of the
information sessions
at Pontefract or
Wakefield Library.

Technology Enabled Care (TEC) Awareness Session

Find out what assistive technologies are available to promote safety, independence, and wellbeing (e.g., telecare & remote monitoring devices). Learn how these tech solutions could support you and those you care for, and how to access TEC services.

A Carers Wakefield & District representative will be available for support and advice.

Wakefield Library (Learning Zone)	2nd Feb 2026	Technology Enabled Care	10-12pm
Pontefract Library (Community Room)	14th April 2026	Technology Enabled Care	1-3pm
Wakefield Library (Learning Zone)	6th July 2026	Mindfulness Session	10-12pm
Wakefield Library (Learning Zone)	27th July 2026	Technology Enabled Care	10-12pm

Digital Support Session

Would you like to build your confidence in using technology?

Learn basic digital skills such as how to use a smart phone or iPad/laptop or how to download music etc.

No question is a silly question.

Come along and chat to our Digital Inclusion Worker.

Pontefract Library (Community Room)	6th March 2026	Digital Support Session	1-3pm
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Benefits and Finance Support Session

- This session will be delivered by the Cashwise Team who are an award-winning money management service delivered by Vico Homes.
- Come along and get advice about finances and understand how to budget and make the most of your income incl:
 - Income maximisation and financial wellbeing,
 - Information on benefits, priority payments including Council Tax exemptions for Carers.

Wakefield Library (Learning Zone)	6th April 2026	Finance and Benefits	10-12pm
Pontefract Library (Community Room)	17th November 2026	Finance and Benefits	1-3pm

Mindfulness Wellbeing Session



Mindfulness is a type of meditation that involves breathing methods, and guided imagery to relax the body and mind and help reduce stress. Come along and join us for a moment of calm and learn how to do this so you can do it at home!

Wakefield Library (Learning Zone)	27th April 2026	Mindfulness Session	10-12pm
Wakefield Library (Learning Zone)	6th July 2026	Mindfulness Session	10-12pm
Pontefract Library (Community Room)	9th September 2026	Mindfulness Session	1-3pm

Basic First Aid Training

This free training will be delivered by The Red Cross. Come along and learn basic first aid – or simply refresh your knowledge.

Pontefract Library (Community Room)	7th July 2026	Basic First Aid Training	10-12pm
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BritishRedCross

Do you or a family member need care at home and want to find out more about direct payments?

Penderels Trust
Drop In Sessions

Are you an existing direct payment user and want to chat with one of the team or need to drop off paperwork?

The Penderels Trust team in Wakefield hold regular drop-in sessions in libraries.

Speak to them in person about your care and support needs and direct payments.

No need to make an appointment. Just come along. All venues are fully accessible.

From 10am to 12pm

Pontefract Library	First Wednesday of every month
Wakefield Library	Second Wednesday of every month
Castleford Library	Fourth Thursday of every month
South Elmsall Library	Fourth Wednesday of every month
Featherstone Library	First Thursday of every month
Normanton Library	Second Thursday of every month
Hemsworth Library	Third Thursday of every month

Are there other topics / areas that you would like support sessions to cover?

We have chosen the topics for these information sessions in response to what carers have told us they would like more information on.

If there are any topics not listed that you would like more information about, please get in touch with:

Emma Newton – Health Improvement Specialist (Carers' Champion)

emmanewton@wakefield.gov.uk



Unpaid Carers and Physical Activity

What Would Make a Difference

We want carers to be part of a district-wide conversation about how people view physical activity, how they stay active, and how easy it is for them to keep fit and well.

We would like carers to share their thoughts e.g.,

- *When you think about "being active," what does that mean to you?*
- *What activities do you currently do that involve moving your body, whether for work, leisure, or getting around?*
- *What are some of the reasons you think unpaid carers might find it difficult to be more physically active?*
- *What would make it easier for you to incorporate more physical activity into your week?*



Unpaid Carers and Physical Activity

What Would Help You Be More Active?

Online Sessions

Morning Session

11th February 10:30am – 11:30am – Join Session using this [link](#)

Lunchtime Session

12th February 12:30pm – 1pm - Join Session using this [link](#)

Afternoon Session

26th February 2:00pm – 3:00pm - Join Session using this [link](#)

Lunchtime Session

4th March 12:30pm – 1pm - Join Session using this [link](#)

If you have questions or any issues joining please contact
emmanewton@wakefield.gov.uk





Happy New Year to You All!

We would like to wish you all a
happy new year.

